

Check Out These Additional Resources:

The following Internet Websites can provide you with additional information on eating right and being physically fit.

www.aap.org – Children’s health topics from the American Academy of Pediatrics.

www.americanheart.org – Ideas for raising healthy families from the American Heart Association.

www.americaonthemove.org – Tools for getting more active and preventing weight gain from the America on the Move organization.

www.mypyramid.gov/kids – Healthy eating and exercise tips for kids and family from the U.S. Department of Agriculture.

www.presidentschallenge.org – Programs to get more active and fit from the President’s Council on Physical Fitness and Sports.

www.fruitsandveggiesmorematters.org – Resources for adding more fruits and vegetables to meals.

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/resources/index.htm – Nutrition and Physical activity resources from the U.S. Centers for Disease Control and Prevention.

www.eatright.org – Food and nutrition information from the American Dietetic Association.

www.3aday.org – For delicious recipes, snack ideas, nutrition information and much more.

www.fns.usda.gov – The Special Supplemental Nutrition Program for Women, Infants and Children, known as the WIC Program, provides nutritious foods, nutrition education, and community referrals.

